

CLASS TIMES

9th September to 1st December 2024

All classes are subject to change

Time	Class	Type	Length	Studio
MONDAY				
10:05	Yoga (Beg)	●	45 mins	ST3
11:05	Les Mills Bodypump	● M	45 mins	ST3
14:10	Pilates (Int)	●	45 mins	Village ST1
16:30	Yoga (Int)	●	45 mins	Village ST1

TUESDAY

09:30	Les Mills Sprint	● M	30 mins	ST1
13:10	Pilates (Beg)	●	45 mins	Village ST1
14:10	Les Mills Bodypump	●	45 mins	Village ST1
17:15	Les Mills Sprint	● M	30 mins	ST1

WEDNESDAY

07:45	Les Mills Sprint	● M	30 mins	ST1
11:10	Les Mills Bodypump	●	45 mins	ST3
13:10	Yoga (Beg)	●	45 mins	ST3
17:15	Les Mills Core	● M	30 mins	ST2
18:30	Pilates (Int)	●	45 mins	Village ST1

Time	Class	Type	Length	Studio
THURSDAY				
07:45	Les Mills Bodypump	●	45 mins	ST3
12:10	Les Mills Grit Strength	● M	30 mins	ST2
13:10	Arms & Abs	●	30 mins	ST3
14:10	Les Mills RPM EXP	● M	35 mins	ST1
17:15	Pilates (Beg)	●	45 mins	ST3

FRIDAY

11:05	Yoga (Int)	●	45 mins	Village ST1
12:10	Les Mills Bodybalance	● M	45 mins	ST3
13:10	Les Mills bodypump Exp	● M	30 mins	ST3
14:10	TRX/HIIT	●	35 mins	Team Gym
16:30	Les Mills Bodypump	●	45 mins	ST3

SATURDAY

10:45	Les Mills Core	● M	30 mins	ST2
12:05	Les Mills Bodypump	●	45 mins	ST3
16:10	Les Mills Bodypump	● M	45 mins	ST2

SUNDAY

10:35	Yoga (Beg)	●	45 mins	ST3
12:10	Les Mills SPRINT	● M	30 mins	ST1
14:10	Les Mills Bodypump	● M	45 mins	ST2



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